KITAABUS SAWM

Laws related to Ramadhan and Fasting

By

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INTRODUCTION

This booklet is divided into the following sections:

- **A list of the virtues of Ramadaan**
- **History of the month of Ramadaan**
- **Laws pertaining to the fasting person**
- **Laws pertaining to the time of fasting**
- **Laws pertaining the actual fast:**
  - **Types of Fasts: Faradh, Nafl, Sunnat, Qadha, Kaffara**
  - **Factors that nullify the fast**
  - **Factors that do not nullify**
  - **Makrooh factors in fasting**
  - **Qadha and Kaffara**
- **Taraweeh**
- **I'tikaaf**

Dua to be Recited at the Approach of Ramadhaan

Hadhrat Ubaadah bin Saamit narrates that Rasulullah used to teach the Sahaabah the following Dua at the approach of the Month of Ramadhaan:

اَللّٰهُمَّ سَلِّمْنِيْ لِرَمَضَانَ وَسَلِّمْ رَمَضَانَ لِيْ وَسَلِّمْهُ لِيْ مُتَقَبَّلاً

Allahumma Sallimnee Li-ramadaana Wa Sallim Ramadaana Lee Wa Sallimhu Mutaqabbila

O Allah! Keep me safe upon the approach of Ramadaan (so that I will be healthy and well when Ramadaan enters), and keep Ramadaan safe for me (so that it becomes easy for me to reap its rewards and benefits) and make Ramadaan an accepted month (of worship) for me.

(Kanz-ul-ummal, Vol.8, Pg. 584 Hadith 24277)

Every Muslim should endeavor to memorize this dua and recite it in abundance in these few days before Ramadhaan.

(*Courtesy: Darul-Iftaa = Mufti Ebrahim Desai daamat barakaatuhum*)

1. Virtues of Ramadaan

SECTION 1: Virtues Of Ramadaan

Below is a list of *Fadhaa-il* (virtues) for the Month of Ramadaan and Fasting. These *Fadhaa-il* were extracted from numerous verses of the Holy Quran and Ahadeeth of Rasoolullah ﷺ. By reading and understanding these virtues we can become more motivated to increase a'maal in this Blessed Month

1) This is the month in which The Holy Quran was revealed, along with guidance and clear direction. It is, therefore, a triple ni'mat. Reciting Quran in this month, therefore, brings guidance into the heart of the recite.

2) It is a month wherein taqwa is very easily and quickly achieved. The fasting one, therefore, does achieve taqwa, and with more effort, that taqwa can increase.

3) Those who fast in this month are called Aabideen (Worshippers) by Allah ﷻ.

4) Rasoolullah ﷺ used to address the Sahaaba to relate to them the virtues of Ramadaan on the last day of Sha'baan.

5) Rasoolullah ﷺ described Ramadaan as a Glorious Month

6) He also said it is a Mubarak (Blessed Month). So this month carried special Blessings not to be found in other months.

7) In this month there is a night that is greater than a thousand months (in worship). This is Laylatul-Qadr

8) The greatest asset of this month is the fast, which is the fourth pillar of Islam.

9) The greatest optional salaah in this month is the Taraweeh salaah at night. One who offers the Taraweeh salaah throughout this month will emerge from sin like the day his mother gave birth to him.

10) Nafl (optional) acts in this month bring one more closer to Allah than other months

11) One Nafl act in Ramadaan is equal to a faradh act in any other month. This applies to any optional act of worship, such as sadqah, zhikr, tilaawat of Quran, nafl salaah, etc.

12) One faradh act in Ramadaan is equal to seventy faradh acts in any other month.

13) It is a month of Sabr or patience and forbearance. This means that it becomes much easier in this month to develop the quality of sabr. For Sabr there is no other reward but Jannah.

14) It is a month of sympathy and mutual kindness towards others.

15) In this month the sustenance of a Muslim is increased

16) A person who gives a fasting person iftaar in this month is guaranteed forgiveness of sins and freedom from Hell fire

17) This person also gets the full reward of the fasting person whom he fed at the time of iftaar

18) The first part of this month consists of Special Mercy from Allah □, the second part of Special Forgiveness from Allah □, and the third part is freedom from Jahannum.

19) One who makes work light for his slaves and servants in this month will earn forgiveness of sin and freedom from Jahannum.

20) One who gives a fasting person a drink of water, Allah □□will grant that person water from the Lake of Kauthar (on the Day of Judgment). That one drink will quench his thirst till he enters jannat.

21) When Ramadaan enters the Shayaateen (devils) are chained and casted into the sea, so that they will not disrupt the fast of the Muslims.

22) The evil jinn are also chained.

23) The Gates of Jannat are opened, and the Gates of Jahannum are shut.

24) The Gates of the Heavens are also opened.

25) Each night a caller cries out from the Heavens: *O Seeker of Good, come forward (to earn good), O Seeker of evil, get back (and desist from that evil)*. This calling begins at sunset and continues till the break of dawn every night of Ramadaan.

26) Each night the following four announcements are made by the *Malaa-ika* from sunset to dawn: *"Is there anyone who wishes to repent? I will accept repentance! Is there anyone seeking forgiveness? I shall grant forgiveness! Is there anyone who wishes to ask for something? I shall give what he asks for! Is there anyone who has a wish? I shall fulfil that wish."*

27) Each night Allah ﷻ sets free a multitude of people from the Fire of Jahannum.

28) The smell from the mouth of a fasting person is more fragrant in the Eyes of Allah ﷻ than musk perfume

29) The fish in the ocean seek forgiveness for the Muslims while they are fasting.

30) The Angels make regular dua of maghfirat for the Muslims during Ramadaan

31) In Ramadaan Allah ﷻ decorates Jannat for his servants, and then says: "*Soon My pious servants shall caste from themselves the burden of this world and shall come to you."*

32) All minor sins are forgiven in this month, even without taubah.

33) Allah ﷻ pays special attention to His Servants and shrouds them in His Special Mercy

34) Allah ﷻ casts a gaze of special Mercy upon His servants when Ramadaan enters. When He does this to anyone, that individual shall never be punished.

35) Duas are accepted throughout the days and nights of Ramadaan.

36) Special Mercy continuously descends in Ramadaan.

37) A special dua is granted to the fasting person at the time of iftaar.

38) Allah ﷻlooks at the competition among his servants in doing good deeds, and boasts about this to His Angels.

39) Without doing any worship out of the ordinary (besides the faradh and waajib acts) a Muslim automatically earns Allah's ﷻforgiveness in Ramadaan

40) Allah ﷻ and His Angels send duas of Mercy on those who partake of sehri during Ramadaan

41) The fast of Ramadaan is a shield against all evil and harm.

42) Allah ﷻ grants Special forgiveness to all Muslims on the last night of Ramadaan

43) All past sins are forgiven just for fasting. Such a person emerges like a new born baby.

44) The sleep of a fasting person is worship

45) The silence of a fasting person is considered zhikr

46) Allah grants Special Protection for the Muslims in this month

47) Fasting improves and enhances one's health.

48) One who makes the zhikr of Allah in Ramadaan is granted forgiveness.

49) Allah Himself rewards those who fast in Ramadaan.

50) Allah His Glorious Self becomes the reward of fasting people in Ramadaan

51) Allah has created a special Gate named Rayyan through which the fasting people will enter Jannat.

52) Jannat is decorated for Ramadaan from one year to the next.

SECTION 2: History of the month of

When Adam (alaihis salaam) ate from the forbidden tree, some of the fruit remained in his stomach for 30 days. When he made Tauba he was ordered to fast for 30 days. (Umdatul Qari 255/10 & **Fathul Baari 103/4)**

Roza (fasting) was Fardh upon all Ummats before – right from Adam until The Last Messenger.

In Qurtubi, it says that the Jews and the Nasara were also commanded to fast in Ramadaan, but they would at times bring it forward or push it back to suit their needs, etc., for convenience. They also, for various reasons, added to the 30-day period, and after several generations, they had a fast of 50 days, which proved too difficult. **(Umdatul Qaari - 254/10 & Kanz 483/8.)**

Ramadaan became Fardh for this Ummat a year after Hijrat, in SHA'BAAN – just after the changing of Qibla. (2nd year of Hijrat) **(Tahtawi on Maraqi 346.)**

SECTION 3: Laws pertaining to the

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4. Laws pertaining to the time of fasting

SECTION 4: Laws pertaining to the

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DEFINITION OF FASTING

To abstain from food, drink and sexual intercourse from dawn till sunset with an intention is called Fasting (Sowm صَوم) in the Shari'ah.

Imsaak is another word used for fasting. Imsaak means to withhold oneself or to refrain from something. Refraining from food, drink, and sexual fulfilment also refers to fasting.

This definition of fasting applies to any form of fasting, be it Faradh, Sunnah or Nafl.

It is stated in Durr-e-Mukhtaar: Know that fasting is among the greatest tenets of Islam, and is the most reliable law of Shariah through which the nafs-e-ammarah can be suppressed. Fasting comprises internal action as well as the external acts of abstaining from food, drink, and sexual fulfilment. This is the most beautiful of spiritual qualities. However, it is also the most difficult.

The Types of Fast

There are six (6) types of fast:

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1. Fardh

2. Wajib

3. Sunnat

4. Nafl

5. Makrooh

6. Haraam

Details of the Types of Fast

1. FARDH FAST:

The fast of Ramadaan, the Qadha and Kaffaara of Ramadaan, the Kaffaara fasts of Zhihaar, Murder and breaking an oath, the fasts of Mut'a and Halq (in Hajj), the fast on Muhrim for killing.

2. WAJIB FAST:

The fast of Nadhr (Vow), the Qadha for Nafl + Sunnat Fasts which were started and then broken.

3. SUNNAT FAST:

The fast of Aashoorah (10th Muharram) along with 9th or 11th, the fast on 15th Sha'baan.

4. NAFL FAST:

The Ayyaame Beedh (أَيَّامُ الْبِيض), i.e. 13th, 14th and 15th of the Islamic month; the fast on 9th of Arafah for non-Hujjaaj; 6 fasts of Shawwaal (and other optional fasts).

Will qadha fasts also earn rewards of showwaal fasts?

A. The author of 'Fiqhul Islaami wa Adillatuh' Wahbah Az Zuhayli (Rahmatullaahi Alayh) has mentioned this in Volume 3 Page 24 but has not furnished any reason, proof, reference to a jurist, etc. for this statement. He has merely mentioned the statement that if a person fasts Qadhaa, Nadhar, etc. in Shawwaal, he will receive the rewards of the six fasts of Shawwaal.

On the other hand, the author of Ahsanul Fataawa Hadhrat Mufti Rashid Ahmad Saheb (Rahmatullaahi Alayh) writes (V4 P440) that his opinion is that the rewards for the six fasts will not be received by keeping Qadhaa, etc. in Shawwaal.

He writes (furnishing the reason for his opinion):

A Hadeeth in Muslim (V3 P169) states that whoever

5. MAKROOH FAST:

This means Makrooh Tanzeehi: The fast of Aashoorah only, fasting on the 30th Sha'baan, fasting on a festive day of Kuffaar, fast on a Saturday only.

6. HARAAM FAST:

The Ayyaame Tashreeq (11th, 12th, 13th of Dhul-Hajj), the two Eids = 5 DAYS.

The Fast of Ramadaan

Since the Fast of Ramadaan is the most important of all and the type which we are bound to observe year in and year out, we will begin with the laws concerning this great pillar of Deen. In the process the Qadha and Kaffaara of Ramadaan will also be explained as well as a few details pertaining to the Sunnat, Nafl and Makrooh fasts.

The other Fardh and Wajib types of Sowm will be dealt with later on Insha-Allah.

The fast of Ramadaan becomes Fardh the moment the Moon for this great month is sighted.

MAS'ALA:

The Fast of Ramadaan is Fardh upon every Muslim, male or female who is Baaligh and sane.

MAS'ALA:

It is not Jaiz to omit a fast except for a valid, Sha'ee reason.

FACTORS THAT DO NOT BREAK THE FAST

1. Injections of any type: insulin, intravenous (into the veins), subcutaneous (under the skin)
2. Applying oil to the hair or any part of the external body
3. Oil, medication into the ears
4. Smelling perfume, ittar
5. Applying perfume, ittar, even if it is brought to the nose to smell
6. Using the vicks inhaler.
7. Using oxygen
8. Applying surma or eyedrops
9. Tasting something without swallowing (but this is makrooh) Same applies to toothpaste
10. Donating blood.
11. Removing blood for sugar testing
12. Cupping
13. Vomiting involuntarily, without inducing the vomit.
14. Being put on an IV (intravenous) drip. (Not into the nose)
15. Unintentional smoke inhalation
16. Swallowing a substance that is not food or medication unintentionally, inadvertently.

FACTORS THAT BREAK THE FAST

The following acts will break the fast if done during the daytime in Ramadaan:

1. Swallowing a particle or any small item deliberately, even if it be something that is not consumed as a food or medication.
2. Inhaling smoke or steam: Therefore, steaming the face while fasting is not permitted, for it will nullify the fast. Likewise, smoking will break the fast.
3. Deliberately inhaling smoke from a fire or from the oud burner or agarbatti. Therefore, these substances should not be burnt near one who is fasting.
4. Eating by mistake: This can happen in two ways. One is, a person tasted a substance while remembering the fast, and then swallowed it by mistake. This causes the fast to break. The second is that while rinsing the mouth during wudhu, one

mistakenly swallowed water, while being fully aware of the fast. This too, nullifies the fast.

5. Taking any substance or medication further than the soft part of the nostrils, such as snuff, oil, ointment, etc. If ointment is placed at the entrance of the nose, or into the nostrils but lower than the soft portion, and it is not inhaled further in, the fast will not break.
6. Vomiting a mouthful. A mouthful means that the vomit came out with such force that one was unable to withhold it.
7. A small amount of vomit came up into the mouth. If one deliberately and knowingly swallowed it back instead of spitting it out, the fast will break.
8. Using the asthma pump will break the fast. If one is forced to use the pump while fasting, then this is allowed and there is no sin. But the fast will break and a qadha has to be observed.
9. Using a nasal spray.
10. Using a nebulizer. In this case too, if one is forced to use the nebulizer, the fast will break but no sin will be incurred.
11. A suppository inserted while fasting nullify the fast.
12. Any medication, ointment, oil etc that is injected into the anus while fasting nullifies the fast.

13. In the case of females, medication inserted into the front private part breaks the fast.

NOTE

In all the cases mentioned thus far, one qadha becomes waajib. This qadha has to be kept after

14. Masturbation.

15. Besides proper sexual intercourse, any intimacy between husband and wife that leads to ejaculation/orgasm.

16. Taking oral medication of any sort for any purpose.

17. Swallowing blood that mixed with saliva.

18. Deliberately swallowing an object or substance that is not normally consumed as a food or medication. For example, swallowing a blade or grass, or sand, or piece of paper, etc. The fast only breaks if this is done deliberately.

RULES PERTAINING TO KAFFARA

1. One who deliberately eats or drinks or takes medication without a valid reason, or deliberately engages in sexual intercourse with a partner, any

time between dawn and sunset in Ramadaan, after having made the intention to fast, will break the fast and has to observe the 60-day kaffara, as well as one day qadha.

2. The kaffara must be observed consecutively, without any break in between. The only interlude or break in a kaffara allowed is the haidh of a female.
3. The qadha for the above fast can be kept separately from the kaffara.
4. If one fasted, for example, 55 days of the kaffara, and then skipped one day, the kaffara will have to be kept all over again. Likewise, if a woman gives birth and experiences nifaas, that will nullify the entire kaffara; she will have to resume fasting of kaffara from anew.
5. In addition to the above, one has to make lots of taubah to Allah , seeking His Forgiveness for nullifying a fast of Ramadaan. The hadeeth shareef states that the reward of one broken fast of Ramadaan cannot be recouped even if one fasts a lifetime.

MEDICAL PROCEDURES DURING THE FAST

1. **Broncho-dilatory vaporization**
2. **Inhalation of steam**
3. **Phlebotomy**
4. **Blood-letting**
5. **Blood transfusion**
6. **Blood sampling**
7. **Peritoneal dialysis**
8. **Hemo-dialysis**
9. **Rectal injection**

4. Laws pertaining to the time of fasting

10. Suppositories

11. Recto-scope

12. Anal medication or examination

13. Surgery under general or local anesthesia

14. Extraction of teeth

QUESTIONS AND ANSWERS

Q: If someone has continuous gum bleeding, what should he do when fasting?

a) Leave it (meaning his blood will mix with his saliva and end up being swallowed - which happens anyway when he's asleep).

b) Continuously spit out (will end up spending a lot of time doing so throughout the whole day - and some blood will still mix with saliva and end up being swallowed).

c) Continuously wash out (will end up spending a lot of time doing so throughout the whole day - and some water will mix with saliva and end up being swallowed). And if this option, then should he rinse just the front part of mouth (teeth area) or should he also gargle?

Regardless of which option, does he need to repeat his fast another day to compensate?

In addition, is a person allowed to rinse the mouth while fasting? It would be impossible to fully spit out all the water, so some will end up mixing with saliva and being swallowed. Would this be ok?

Q: Should those who don't fast due to illness or old age also pay sadaqatul-fitr (fitra) on Eid day?

Q: If while fasting a man has relations with his wife, does the fast break?

Q: I have 20 qadha fasts to keep. 11 of these are from the previous Ramadaan (1430) Do I need to specify the date and the year for each fast or can I intend that the first 11 fasts are for last year and the 9 for this year?

Q: Is it permissible to make Eid cards?

Q: I did not fast because of chronic illness and am unemployed. What must I do?

Q: Can you shave the pubic areas while fasting? Can one shave or trim the beard while fasting? Can you have a hair cut while fasting?

Q: Is the fast broken when one is sad and cries?

Q: I burped and tasted food in my mouth. Is the fast broken

Q: If one undertakes an Umrah journey, is it necessary to fast in Ramadaan?

Q: Can one use a vicks inhaler for nasal relief while fasting?

Q: Is it permissible to sniff the green Makka oil from a tissue while fasting, also for nasal congestion?

Q: If a woman's haidh ended a few minutes before sehri, when is the latest she can make ghusl for the fast to be valid?

Q: My haidh started on Saturday. There was just spotting. Then it stopped for a few hours. Today it started again but mainly brownish in colour. Should I break the fast?

Q: My daughter had her first discharge. She is 11 years old. But the discharge was yellowish at first, then dark brown. Can she continue fasting? If not, must she keep qadha for these missed fasts?

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SECTION 6: TARAWEEH

TARAWEEH

SECTION 7: I'TIKAAF

I'TIKAAF

SECTION 8: Laylatul-Qadr

LAYLATUL-QADR

SECTION 9: EID

EID

BIBLIOGRAPHY

The Masaail in this booklet have been extracted from the following Fiqhi Kitabs. Other Fiqhi works that the writer had to check in the course of research are not mentioned here.